

The Un-Cover Up

By Sandra Higley

for use as
STEP 1 

Lesson 3**Focus:**

Confess your sins to
enjoy forgiveness.

Lesson 3**Bible Basis:**

Psalm 32

Lesson 3**Memory Verse:**

I said, "I will confess my transgressions to the
LORD"—and you forgave the guilt of my sin.
—Psalm 32:5b

As they discuss the enjoyment of God's forgiveness, students will watch a video about a man facing consequences that forced him to confess.

Materials:

Internet access

As your teens enter the classroom, ask them to share about a time when they were young when they were "found out" in something they did wrong—some way they misbehaved, but hoped to get away with without being noticed. Be sure to be prepared to share your own experience. Ask them to share how they were discovered and what the consequences were. After everyone who wants to share has shared, discuss:

➤ **Do you think that the outcomes of these situations would have been different if you had confessed?** (Answers will vary.)

➤ **Why didn't you confess what you had done when you had the chance?** (Answers will vary. Some may say they were afraid of getting in trouble or that what they didn't think the offense was worth worrying about, etc.)

Share the following video with your teens [1:38]:

Car Flies into Second Floor of Building and Stays There

https://www.huffingtonpost.com/entry/car-crash-second-floor_us_5a5c83bde4b0fcbc3a11c033

When your group has finished viewing the video clip, discuss the following questions together:

➤ **The outcome of this driver's escapade made it impossible not to confess his drug use—why?** (Answers will vary but might include that anything beyond the truth that he might come up with as a reason for his actions would not be believable.)

➤ **Some actions aren't as visible and it's easier to hide a wrongdoing. What are the pros and cons of confession vs. cover-up?** (Allow students to share; accept all reasonable answers without comment.)

Just as it was impossible for the driver of the airborne vehicle to hide his wrongdoing, it is impossible to hide anything from God. Today we're going to talk about one of the main benefits of confession—forgiveness.

(Continue on to Steps 2 and 3 in your teacher's guide; your Step 4 appears below.)

high school



Lesson 3 / June 17, 2018

The Un-Cover Up

for use as
STEP 4 

**Lesson 3
Focus:**

Confess your sins to
enjoy forgiveness.

**Lesson 3
Bible Basis:**

Psalm 32

**Lesson 3
Memory Verse:**

I said, "I will confess my transgressions to the
LORD"—and you forgave the guilt of my sin.
—Psalm 32:5b

Materials:

- Internet access
- Paper
- Pens/pencils
- Whiteboard and marker

Before class, write the following references on the whiteboard: Isaiah 6:5-7; Psalm 51:1-3; Daniel 9:5-6; I John 1:8-10; Romans 7:14-17; Revelation 3:15-18; Psalm 139:23-24. In addition, write the following bullet points: Words, Attitudes, Thoughts, Actions.

Sometimes it can be easier to try to cover up or justify our sin than it is to admit it. But there is no substitute for the forgiveness we receive when we confess our sins. Rather than tie us down, confession and the resulting forgiveness frees us. Have a student read John 8:32.

➤ **Why does the “truth set us free”?** (Answers will vary but may include that trying to cover over something leads to lies that entrap us; God’s forgiveness is only available when we speak truth about our sins.)

Hand out paper and pens/pencils to your students. **This week, let’s spend some time “getting free.” Here are some verses and prayer prompts to help you as you spend time with God in confession.** Have your students copy down the references on the whiteboard. Discuss each of the bullet points, giving your students some of the following ideas to prompt their thinking:

- Your Words – have you spoken evil of anyone, criticized, used sharp words, told half-truths?
- Your Attitudes – have you had a complaining spirit, or been difficult, grouchy, or a know-it-all?
- Your Thoughts – have your thoughts consisted of evil desires, lusts, doubts, fears, hatred, bitterness, etc.?
- Your Actions – have you broken God’s laws, trespassed on forbidden ground, do you do what you say you will?

If time permits, you may want to play this music video and give your students a few minutes to begin their “getting free” time with God. Encourage them to continue spending time in this fashion throughout the upcoming week [4:29].

Amazing Grace (My Chains are Gone) - Chris Tomlin (with lyrics)
<https://www.youtube.com/watch?v=Jbe7OruLk8I>

Close your class in prayer.

Resources:

Materials adapted from Time Alone with God Workbook

<http://www.prayertoday.org/2013/PDF/2014-WORKBOOK-Lords%20Prayer-Inter-Gen-36%20pages.pdf>

(We are not affiliated with and do not endorse any website or any other media listed on these pages. At the time of writing, we carefully review the referenced material and non-referenced web page content. However, due to the nature of the Internet, non-cited content on the website [including pop-ups, links, and ads] changes frequently and is beyond our control. Please review carefully before showing links in the classroom.)